

Hoarding Cleanup: When is it time to ask for Help?

Hoarding disorder is characterized by persistent difficulty in getting rid of possessions, especially those with almost no monetary value. It causes an excessive accumulation of items, frequently leading to a confined and unsafe living atmosphere. Moreover, items are often stacked from floor to ceiling and occupy nearly all the space available in a house. As a result, the place gets cluttered, and moving across rooms to perform multiple household tasks becomes challenging.

Even the mere thought of letting your stuff go can be extremely upsetting, regardless of how serious the hoarding behavior is. It can make the hoarder feel anxious and depressed because they have an emotional attachment to their belongings. Due to this reason, they are unable to hire [hoarding cleaning services](#) to transform their living space into a healthy, happy environment. Yet, various signs indicate the need for assistance from a professional hoarder cleaning company.

6 Hoarding Signs to Ask for Help

Knowing when to ask for help is essential for maintaining your well-being and preventing multiple risks associated with hoarding. Following are the signs that show it may be time to conduct a thorough cleaning and improve your surroundings:

1. Fire Hazards

If your hoarding has created hazardous conditions, such as blocked exits and fire hazards, you must reach out for help immediately. The accumulation of flammable items and blocked heating appliances and vents pose significant fire

safety risks. If the objects come into contact with any heat source, such as a cooking stove, a candle, or a cigarette, they may quickly catch fire.

It is also important to note that the quantity of hoarded possessions enables the fire to spread speedily. In addition, such fires demand twice as much manpower as ordinary residential fires. Before letting your hoarded items cause any tremendous structural damage or injuries, you must avail specialised cleaning services for hoarders.

2. Respiratory Symptoms

In addition to falls and injuries, clutter can lead to respiratory and heart problems due to infections brought on by the stack of trash, waste, and mould. Moreover, mould commonly develops in areas with a lot of moisture, such as around pipes, windows, and roof leaks. Thus, hoarding can lead to its growth because the extreme clutter blocks damp places.

It can cause respiratory issues like skin irritation, wheezing, coughing, and even breathing difficulties. Also, this may trigger illness in people with weakened immune systems. So, your family members can frequently get sick if your house is contaminated with mould. Additionally, hoarding can result in the bacterial growth of pathogens like *E. coli* and can even cause rodent and insect infestations.

3. Disturbance in Daily Activities

Hoarding frequently results in extraordinarily small living spaces with only a few narrow passageways among piles of debris. The hoarders are unable to organise their belongings and store them safely, which eventually causes disturbance in daily routine tasks. Moreover, most surfaces, such as countertops, sinks, stoves, stairs, etc., are loaded high with clutter. Some areas of your home might not even be useful for their intended function.

Due to the limited functional space and lack of accessible pathways from room to room, performing activities like cooking, cleaning, and playing becomes daunting. Further, residents often have to crawl through the house's hallways rather than walk, annoying the family members and gradually leading to arguments and conflicts. Therefore, attain help from a [hoarder cleaning company](#) to make it feasible to carry out basic tasks and avoid family disputes.

4. Cleaning Seems Nearly Impossible

Cleaning the home of a hoarder is not a simple job since it requires specific skills, advanced equipment, careful planning, and trained professionals. There is a high chance of getting injured or developing diseases because of the unhealthy and toxic living space. Further, without executing proper safety measures and utilising the right tools, it is quite perilous to expose yourself to pathogens such as bacteria and fungi. Hence, you should never clean out a hoarder's house, even if they have a close relationship with you.

Skillful workers and knowledgeable specialists offer appropriate trash removal, biohazard disposal, effective cleaning for recyclable things, and sanitising and deodorising services. You cannot perform these tasks efficiently due to a lack of required experience and expertise. However, when you hire hoarder cleaning services, the company adopts a strategic approach and creates various storage areas. Plus, they aim to help the hoarder overcome anxiety and embrace a better way of lifestyle.

5. Emotional Distress

Hoarding is accompanied by stress, anxiety, and an inability to let go of possessions. It becomes necessary to involve professional help to clean and organise the hoarder's area if they suffer from extreme emotional distress due to poor living surroundings. When a person gathers a lot of useless objects

in a small house, it negatively impacts their mental health and causes depression.

Furthermore, it could be important to engage hoarding cleaning services if the clutter has made it difficult to maintain healthy relationships or welcome guests. To prevent trauma and social isolation, you must enhance the environment and make it more inviting. It is imperative to address the matter with consideration for the hoarder's feelings and sentiments. This is because cleaning can cause discomfort for them since they are not habitual of allowing others to interfere in their personal lives.

6. Property Damage

One of the most stressful outcomes of hoarding is the enormous property damage it is capable of causing. A house may become so overloaded with items that it can no longer support the weight, causing structural damage. Mould, leaks, pests, and other unfavourable consequences of hoarding may also harm the property.

Additionally, accumulated items can obstruct ventilation systems, electrical outlets, and plumbing, leading to fire hazards and water damage. This can cost pricey repairs and further lead to financial distress for the hoarder. Additionally, the building's foundation, walls, and floors may also weaken due to the cluttered environment.

Final Note

The signs listed above indicate that hoarders should benefit from professional services to help them restore their living space, improve their safety, and support their well-being. Whether it's just one room in a house or the entire space, a trained individual can assist in cleaning up the area, finding misplaced belongings, and organising valuable possessions. They manage your residence as securely and proficiently as

possible because experts know the best cleaning techniques. Professionals not only clean the space but assess it keenly to design a custom plan based on the hoarder's personality.

At [LifeCycle Transitions](#), we have a highly trained team of experts with extensive experience and cutting-edge technology to provide optimum cleaning services for hoarders. Get in touch with us to obtain professional advice, and let us strive to upgrade your lifestyle with our innovative solutions!